



The UVic Day Care Centre at 2246 McCoy Road will soon be able to take in twice the number of children it normally handles with its expansion to the old D.O.T. building next door. The university has approved renovation of the building which was occupied up to last March by the Print Shop. Work is expected to be completed within the month. At present, the centre takes care of 20 children between the ages of 2 to 4, some of which are here with Mrs. Barbara Williams, right, supervisor, and Sharon Thompson, a volunteer helper from the School of Child Care. Meanwhile, plans are in the works for a new day care centre for 80 children, to be built by next fall. Whether the McCoy Road facilities will be retained for day care has yet to be determined.

(McGill Photo)



SERIES ON DEATH

A "highly innovative" variety of non-credit programmes, ranging from children's cinema to explorations into the topic of death, will be offered this fall by UVic.

Dr. L.E. Devlin, director of the Division of Continuing Education, noted that popular courses from last year's programme, which drew a total of 3,000 Island residents, will be retained with the

addition of "several unusual and promising offerings."

As described in the calendar now available from Continuing Education's office, the "Magic Screen" is offered as an alternative to the commercial movies for children which tend to serve as "pacifiers rather than as stimulation for imaginative thought".

Interested parents and their children are encouraged to attend the 10 screenings of feature-length films from various

countries.

The first movie, *The Phantom Toll Booth* (U.S.A.), will run September 27 at 10 a.m. in McLaurin 144.

One stipulation is that children under 10 must be accompanied by a parent or a responsible older friend.

"The Rite of Death" will consist of four free public lectures which will serve as "exploratory considerations" involving the audience in discussion. Suggestions for possible direction of future lectures

will be invited. The first will be given by Dr. E. W. Kluge, Department of Philosophy, on "The Definition of Death", at 8 p.m. September 25 in Elliott 168.

Another innovation will be a series of lectures by members of the Department of Linguistics under Dr. M.H. Scargill. Topics include "English Language in Canada (Speech, pronunciations, vocabulary and grammar)", "Non-Verbal Communication", "Psycho-Linguistics", and "Native Indian Languages of British Columbia".

For those who need help in thinking and feeling metric as Canada begins to adopt the metric system, a short series will explain how the system works and give practical experience in measuring with everyday units for length, area, volume and weight.

Courses for beginners in Chinese and Japanese are being added to a number of modern language offerings for various levels of fluency. The major programme is the French Language Diploma Programme for Adults which has five levels, for beginners through to advanced students. Other courses include German, Hebrew, Italian, Norwegian, Swedish, Russian and Spanish.

Another highlight will be "Psychology — Today and Tomorrow" — a series of 10 lectures mostly related to brain-mind research and given by Department of Psychology members. Some of the topics are "Biofeedback — Miracle or Myth?", "Are Personality Tests Any Good?", "The Retarded Child — Who Says?" and "Aggression — wotthehell is that?"

Open to women only, a symposium entitled "Help, Happiness and Health" will focus on concerns of women. Professionals from the fields of law, medicine, nursing and police work will lead panel discussions dealing with the medical, educational and social needs of women.

Part of the Continuing Education programme is the annual offerings of the UVic Film Society. This year's schedule has 11 features, a mixture of silent and sound classics, documentaries, and lesser-known works by several of the great contemporary film-makers.

Among them are *Playtime* (Tati, France 1967), *All About Eve* (Mankiewicz, U.S.A. 1950), *The White Sheik* (Fellini, Italy 1952), *A Lesson in Love* (Bergman, Sweden 1954), and *Olympia 1 & 2* (Riefenstahl, Germany 1936).

The "Dinner/Theatre Evenings", which were introduced successfully last year, will be continued, with three outings scheduled. On each occasion, members of the Department of Theatre will speak informally at a pre-theatre dinner offered at the Faculty Centre. After dinner, the group will then attend a theatre performance together and will be given the opportunity to meet cast and production staff.

A 10-week course in television production, which will utilize UVic's new

studios, will be introduced. The Film-Maker's Workshop and the Introduction to Creative Film-Making will be continued.

Among the literature courses will be a series of lectures examining the role of women in Russian society as perceived by different writers.

An adult fitness programme will have four sections designed for various levels of fitness. The recreational facilities of the McKinnon Centre will be used for a variety of activities.

Other courses, which were well attended last year, will be "Explorations in Visual Literacy", "Growing Flowering Plants in the Home or Under Glass", and "Law for the Layman".

Those interested are advised to register as soon as possible. Most classes begin the week of September 22. Further details are available from Continuing Education at 477-6911, Locals 802, 803 and 804 between 8:30 a.m. and 9 p.m.

MUSHROOM MENACE

Don't eat those mushrooms that are springing up around campus because of the wet weather, warns Dr. M.J. Ashwood-Smith, chairman of the Department of Biology.

In a memo circulated to all departments, Dr. Ashwood-Smith says: "many *Lepiota naucina* are having a field day on our campus and are springing up in joyful profusion."

This is a white mushroom that has been associated with at least five cases of poisoning in recent years, he notes.

"I strongly advise would-be mother earth gourmets to leave fungi alone unless they are armed with a specialized knowledge of mycology."

MORE THAN A FAN

When it comes to observing sports, Dr. Donald Ball is far from being an average fan.

Chairman of the Department of Sociology here and recognized as one of the foremost experts in the field of the sociology of sport, Dr. Ball together with Dr. John Loy, University of Massachusetts, have as co-editors published *Sport and Social Order: Contributions to the Sociology of Sport* (Addison-Wesley).

The book is a handbook of original contributions by U.S. and Canadian scholars, containing such topics as "Sport and Collective Violence", "Sport and Politics", and "Sport Consumption and the Economics of Consumerism".

Using sports as a means of analyzing broader aspects of society is "simply

making a virtue out of my vices", said Dr. Ball, 41, who was a surfer in his native California and is a squash and tennis player, and a spectator of baseball, football and rodeos.

He said that sports is ideal grounds for



DR. DONALD BALL... 'virtue out of vices'

the sociologist because the data is cheap, accessible, public, well-defined and "fun to work with".

By working through sports, sociologists can, for instance, look at professional football teams as work organizations, or trace patterns of racial and ethnic discrimination easily.

"By examining what kinds of games flourish in a society, one can come to some understanding of that society."

Dr. Ball noted that the one clear thing that unified Canada was its national game of hockey. This was dramatically illustrated in the last game of the first Canadian-Russian series in 1972, which was witnessed by 16 million of Canada's 22 million citizens, and on a work day yet. "This was an incredible event in the history of television. It surpasses even super-bowl interest, and is only equalled by the John Kennedy assassination."

He said that now, because professional hockey is being exported more and more into the U.S., it won't be fulfilling the function of being a unifying factor. The growing lack of interest is reflected in CTV's plans to drop the Wednesday night hockey broadcast this fall.

IT'S GOOD FOR HUNTERS

Even if a hunter didn't catch much game during an active season of stalking, he is likely to have made gains for himself from a standpoint of physical fitness.

Under the sponsorship of the Provincial Fish and Wildlife Branch, Dr. David Docherty (Physical Education) set out last year to determine whether hunting indeed possesses any significant fitness value. "We've always known the effects hunting has on animals, but not what it did to hunters." From a series of tests carried out before, during and after last fall's hunting season on 18 "committed hunters" and on a control group of 18 non-hunters, Dr. Docherty has concluded that hunting at least once or twice a week does develop fitness.

As a matter of fact, a hunter or anyone who does sustained activity that puts some strain on heart and lungs is likely to be even in better shape than say, a professional football player or weight-lifter, he said.

Dr. Docherty said the now generally accepted definition of what constitutes fitness is the development of "aerobic capacity", that is, a person's ability to utilize oxygen.

"If a person carries out fairly strenuous aerobic activities over a period of time, his body will become 30 per cent more efficient, he will be able to handle bigger workloads, and he will generally feel better."

He cited jogging, bicycling and swimming as good aerobic exercises, and such games as squash, badminton and tennis if played at skilled levels where there is more rallies than stop-and-go retrievals of balls or birds.

"Football players and weight-lifters are usually terribly unfit because the exercises they do are not aerobic and the type of action lasts only in spurts of 30 seconds to one minute."

He said physical education research shows that fitness increases when heart and lungs are overloaded somewhat by sustained activity that lasts between four and twenty-five minutes and which is done on a regular basis.

Hunting for game or fowl does provide this kind of activity, because the hunter is usually walking briskly and sometimes jogging in terrain that is often rough and hilly. And sometimes he is carrying a heavy pack which puts more healthy stress on the aerobic system. (The hunters tested were fairly active ones, often doing 10 to 15 miles a day on a hunt.)

Dr. Docherty said it is important to prove hunting is physically beneficial because the popularity of this sport is increasing rapidly. (About 160,000 persons applied for hunting licences last year in B.C., which is triple the number 25 years ago.)

He said a major problem of physical educators is how to motivate persons to



DR. DAVID DOCHERTY... on keeping fit

keep their fitness up. "How many people do you meet these days who say 'I used to exercise, but now I just don't have the time?'"

The obvious solution, he said, is "to get people involved in aerobic games or exercises that turn them on. Anything people enjoy doing, they will continue doing."

In the case of hunting, fitness is incidental to the hunter, "but at the same time he is deriving fitness from his hunting."

In contrast, the only highly-motivated person who does fitness exercises for the sake of fitness is one "who has suffered a coronary heart attack".

Dr. Docherty said that in testing the hunters, all of whom were from Victoria, and the control group, his team ran into an objectivity problem.

In the pre-tests done in August to determine baseline performance, the hunters were found to be in bad shape, and the controls in slightly better condition. In tests done in mid-hunting season in mid-October, it was found the condition of the hunters had improved dramatically, while the controls had improved, though not so impressively.

At the end of the season, conditions of both groups had not increased or decreased. This is natural, because for anyone who does take up physical exercise, initial fitness gains are rapid, while subsequent gains are much slower in reaching maximum performance.

In the last tests taken in March well after the end of hunting season, the fitness of the hunters had begun to decline while the controls were still in good shape.

Dr. Docherty said it soon became apparent the control group was not ideal scientifically. "A good control group does nothing or carries on as normal during the duration of a project."

However, these controls, by participating in the project, became interested in physical fitness and started doing various exercises which they were still

doing at the end of the tests. Meanwhile the hunters had only hunted, and as the season ended had lapsed back into their normal life-styles.

Dr. Docherty said that while the fitness of the controls had increased after the summer months, it would be reasonable to speculate that the fitness of most Canadians peaks during the summer and declines during the winter.

"Our project is not as neat scientifically as it should be, but nevertheless the evidence does show hunting to be beneficial to the hunter."

BRIDGE STARTS

The Faculty and Staff Bridge will begin play on September 12, and continue meeting every Friday from 8 p.m. to 11 p.m. Anyone interested in joining should contact Mrs. Geraldine Porter at Local 288 or at 595-5403 after 6 p.m.

LIBRARY HOURS

McPherson Library access hours have been announced for the 1975-76 session. They are 8 a.m. to midnight Monday to Thursday, 8 a.m. to 10 p.m. Friday, and 10 a.m. to midnight Sunday. On Thanksgiving (October 13) and Remembrance Day (November 11), the hours will be 10 a.m. to midnight.

STORE, DINING HOURS

Bookstore hours will be 8:30 a.m. to 8 p.m. Monday through Thursday September 8 to 29, and from 8:30 a.m. to 4:30 p.m. on Fridays.

Regular daily hours of 9 a.m. to 5 p.m. begin September 29.

Campus Shop and post office will retain their normal hours of 9 a.m. to 5 p.m.

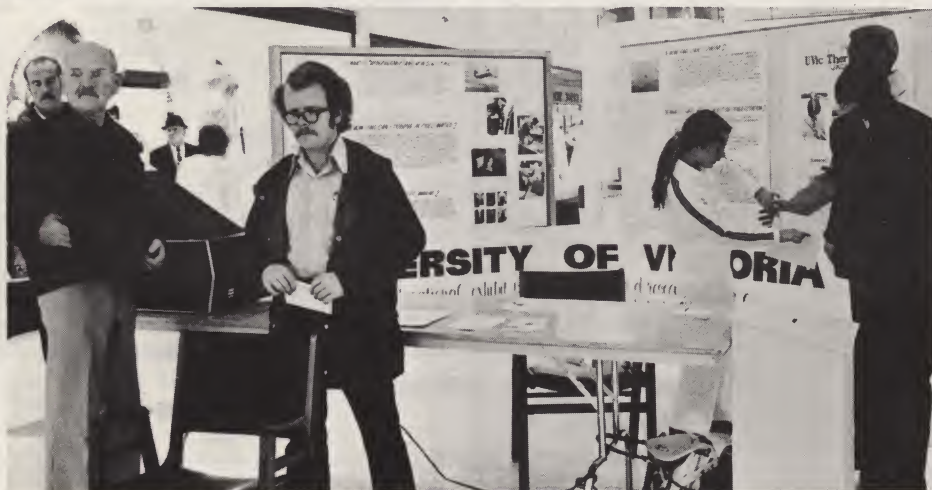
Calculators (Texas instruments and Sharp models) will be sold in the mall of the Campus Services Building on September 9, from 10 a.m. to 4 p.m.

The Food Services dinner for staff members, introduced last year, has resumed in the Green Room from 11:30 a.m. to 1:30 p.m. each weekday.

Raven and Tundra Rooms are open 8 a.m. to 11 p.m. Monday through Thursday and from 9:30 a.m. to 4:30 p.m. Friday and Saturday. The Campus Coffee Shop in the Campus Services Building is open 9:30 a.m. to 5:30 p.m. weekdays and closed on weekends.



Parts of a large UVic display are shown during a three-day "back-to-school" exhibition in the Simpson Sears Mall last week. The major attraction was the cold water research section, below, which had videotape and slides illustrating the experiment and work that led to development of the UVic thermofloat jacket. Interest was less brisk for the Housing Service kiosk, above, which was set up to solicit accommodation for hard-pressed students coming into a city drastically short on space. Only 12 landlords were signed up. A third section of the display had an information desk manned alternately by faculty and staff from various departments, together with a videotape recorder showing campus programmes and personalities.



'BIKE-IN' SET

Organizers of a "Bike-In" September 21 are hoping a large contingent of UVic staff and students will be present to promote creation of a network of safe bike ways throughout Greater Victoria.

The Bike-In, billed as "a light-hearted, fun event," will be on a circular route along Colville, Admirals, Gorge and Tillicum Roads. It begins at noon.

Sponsored by the Regional Bikeway Committee with the backing of the Capital Regional Board, the campaign for bike right-of-way routes will likely take the form of a series of "bike Sundays", said Allan LeFevre committee chairman.

"On these Sundays, a half-dozen experimental routes will be tried so that we can get public feedback on which ones are preferred in any permanent network."

Mr. LeFevre said the routes will range from right-of-ways through no-traffic areas, such as parks, to having bike lanes on roadways.

The committee has representation from the seven municipalities within the Capital Region.



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